

CLAIMS

1. An insole comprising:

a first elastomeric pad and a second elastomeric pad horizontally distinct from one another, each pad having a rebound rate; and
5 the rebound rate of the first pad differing from the rebound rate of the second pad.

2. The insole of claim 1 wherein the first pad elastomer has a rebound rate ranging from 5.0% to 90.0%.

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3. The insole of claim 2 wherein the second pad elastomer has a rebound rate ranging from 1.0% to 40.0%.

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4. The insole of claim 3 wherein the first pad elastomer has a density ranging from 0.8 to 2.2.

5. The insole of claim 4 wherein the second pad elastomer has a density ranging from 0.7 to 2.0.

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6. The insole of claim 5 wherein the first pad elastomer has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

7. The insole of claim 6 wherein the second pad elastomer has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

5 8. The insole of claim 5 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

10 9. The insole of claim 8 wherein the first pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

15 10. The insole of claim 1 wherein the insole has a forward and rearward orientation and the first pad is located forward of the second pad.

11. The insole of claim 10 wherein the first pad rebound rate is greater than the second pad rebound rate.

15 12. The insole of claim 11 wherein the insole has a forefoot section and a heel section and the first pad is located in the forefoot section and the second pad is located in the heel section.

20 13. The insole of claim 12 wherein the first pad has a density ranging from 0.8 to 2.2.

14. The insole of claim 13 wherein the second pad has a density ranging from 0.7 to 2.0.

5 15. The insole of claim 14 wherein first pad has a hardness with a durometer

range of 30 to 70, Shore Hardness (00) scale.

16. The insole of claim 15 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

10 17. The insole of claim 14 wherein first pad has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

18. The insole of claim 17 wherein first pad has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

15 19. The insole of claim 1 wherein the insole has a lower surface and at least a portion of at least one of the pads forms part of the lower surface of the insole.

20 20. The insole of claim 1 wherein the insole has an upper surface and at least a portion of at least one of the pads forms part of the upper surface of the insole.

21. The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads extends from the upper surface of the insole to the lower surface of the insole.

5 22. The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads is disposed between the upper and lower surfaces of the insole.

10 23. The insole of claim 1 wherein the insole includes at least two layers and at least a portion of a pad is disposed between the upper and lower layers.

24. The insole of claim 1 wherein at least one of the first and second pads is a gel.

15 25. The insole of claim 1 wherein the first and second pads are carried by a carrier.

20 26. The insole of claim 25 wherein the carrier is at least partially formed of a material selected from a group consisting of a gel, a foam, an elastomer, leather and cloth.

27. A shoe sole comprising:

a first elastomeric pad and a second elastomeric pad horizontally distinct

from one another, each pad having a rebound rate; and

the rebound rate of the first pad differing from the rebound rate of the

5 second pad.

28. The sole of claim 27 wherein the first pad has a hardness with a durometer

range of 30 to 70, Shore Hardness (00) scale.

10 29. The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

30. The sole of claim 29 wherein the first pad has a density ranging from 0.8 to
2.2.

15 31. The sole of claim 30 wherein the second pad has a density ranging from 0.7 to 2.0.

20 32. The sole of claim 31 wherein the first pad has a rebound rate ranging from 5.0% to 90.0%.

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33. The sole of claim 32 wherein the second pad has a rebound rate ranging from 1.0% to 40.0%.

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